

DEPARTMENT OF THE ARMY
417TH BASE SUPPORT BATTALION (KITZINGEN)
UNIT 26137
APO AE 09031

AETV-WG-WT (358-10)

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Prevention of Heat Stress Injuries

1. Reference:

- a. AR 385-10 29 Feb 00, The Army Safety Program.
- b. TB Med 507, Jul 80 Prevention, Treatment and Control of Heat Injury.
- c. American Conference of Governmental Industrial Hygienists, Threshold Limit Values and Biological Exposure Indices for 1937-1988, 1988.
- d. Workplace Regulation & Ordinance, Jan 91.

2. Heat stress injuries are an unfortunate side effect of increased ambient temperatures. Commanders, directors, and supervisors should apply proactive accident prevention methods to ensure that employees are protected from heat injuries.

- a. Ensure personnel exposed to direct sunlight for long periods wear headgear and drink 1/2 to 1 quart of water per hour.
- b. Limit duration of daily work in the sun using the following guidelines:

Temperature	Duration of continuous work when exposed to direct sun
28° C (82.4° F)	6 hours
29-30° C (84.2-86° F)	5 hours

or allow additional breaks:

Temperature	Duration of Break Per Hour
28-30° C (84.2-86° F)	10 Minutes
> 30° C (86° F)	20 Minutes

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- c. Ensure work areas in buildings are adequately ventilated.
 - d. Ensure that employees are informed and trained in recognizing heat injury symptoms and the prevention and treatment of heat craps, heat exhaustion and heat stroke (see encl).
3. Point of contact is Mr. Dengler, DSN 355-1670 or fax 355-8931

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THOMAS H. FASS
LTC, EN
Commanding

DISTRIBUTION :
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Heat Injuries: Causes, Symptoms and First Aid

1. Sunburn.

- a. Cause: Repeated exposures to hot environment; depletion of body fluids.
- b. Symptoms: Skin is red and hot, victim may experience headache or nausea, blurred.
- c. First Aid: Use sunscreen, cover the body part that is being burned, and seek medical treatment if there is pain or blistering.

2. Heat Cramps.

- a. Cause: Loss of salt through excessive sweating and vomiting, diarrhea, or urination can make this, and all dehydration injuries, much worse.
- b. Symptoms: Stomach, leg, or arm cramps, pale, wet skin, get medical help quickly.
- c. First Aid: Take victim to cool, shady place, and massage affected muscle. If conscious give a glass of 1 % solution (1/4 teaspoon table salt in 1 quart of water). If victim is unconscious or has high fever with dry, hot, red skin, get medical help quickly.

3. Heat Exhaustion.

- a. Cause: Loss of water and salt though profuse sweating, also prolong exposure to hot conditions.
- b. Symptoms: Same as heat cramps plus headache and weakness, victim may appear drunk, dizzy, or drowsy; skin is pale, cold, moist, and clammy victim might faint.
- c. First Aid: Lay victim flat in cool, shady spot. Elevate feet and loosen clothing. Pour water on victim and fan to cool. If conscious, give 1% saline solution slowly. Get medical help.

4. Heat Stroke.

- a. Cause: Prolonged exposure to high temperatures. More likely to strike person who is not acclimatized to heat. Previous heat injuries make personnel more subject to future attacks.
- b. Symptoms: Mental confusion or disorientation, person stops sweating; skin feels hot and dry; victim collapses and remains unconscious; temperature sometimes reaches 106-110 degree F; pupils are wide open, and muscular twitching is possible.
- c. First Aid: Heat stroke is a medical emergency. Immerse victim in cool water or soak clothing and fan while evacuating the victim to the nearest aid station or hospital. Massage arms and legs to aid circulation. DO NOT try to give water to an unconscious victim.

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